

ACTIVE LIFESTYLE

ACTIVE LIFESTYLE WELLNESS PROGRAM

INTRODUCTION

Regular physical activity, fitness, and exercise are critically important for the health and well being of people of all ages. Research has demonstrated that virtually all individuals can benefit from regular physical activity, whether they participate in a vigorous exercise program or some type of moderate health-enhancing physical activity.

Despite the well-known benefits of physical activity, most adults and many children lead a relatively sedentary lifestyle and are not active enough to achieve these health benefits. A sedentary lifestyle is defined as engaging in no leisure-time physical activity (exercises, sports, physically active hobbies) in a two-week period. Data from a recent national health survey shows that nearly 40 percent of adults reported no participation in leisure-time physical activity.

PHYSICAL ACTIVITY AND GOOD PHYSICAL HEALTH

Participation in regular physical activity— at least 30 minutes of moderate activity on at least five days per week, or 20 minutes of vigorous physical activity at least three times per week—is critical to sustaining good health. Regular physical activity has beneficial effects on most (if not all) organ systems, and consequently it helps to prevent a broad range of health problems and diseases. People of all ages, both male and female, derive substantial health benefits from physical activity.

Regular physical activity reduces the risk of developing or dying from some of the leading causes of illness in the United States. Regular physical activity improves health in the following ways:

- Reduces the risk of dying prematurely from heart disease and other conditions;
- Reduces the risk of developing diabetes;
- Reduces the risk of developing high blood pressure;
- Reduces blood pressure in people who already have high blood pressure;
- Helps to maintain a healthy weight;
- Helps build and maintain healthy bones, muscles, and joints;
- Reduces feelings of depression and anxiety; and
- Promotes psychological well-being.

Regular physical activity along with a nutritious diet is key to maintaining a healthy weight. In order to maintain a healthy weight, there must be a balance between calories consumed and calories expended through metabolic and physical activity. Although overweight and obesity are caused by many factors, in most individuals, weight gain

results from a combination of excess calorie consumption and inadequate physical activity.

Even though a large portion of a person's total caloric requirement is used for basal metabolism and processing food, an individual's various physical activities may account for as much as 15 to 40 percent of the calories he or she burns each day. While vigorous exercise uses calories at a higher rate, any physical activity will burn calories. For example, a 140-pound person can burn 175 calories in 30 minutes of moderate bicycling, and 322 calories in 30 minutes of moderate jogging. The same person can also burn 105 calories by vacuuming or raking leaves for the same amount of time.

CALL TO ACTION – ACTIVE LIFESTYLE WELLNESS PROGRAM

Because physical inactivity is a risk factor for many diseases and conditions, making physical activity an integral part of daily life is crucial. Physical activity need not be strenuous to be beneficial. People of all ages benefit from moderate physical activity, such as 30 minutes of walking five or more times a week. In addition, physical activity does not need to be sustained for long periods of time in order to provide health benefits. Repeated shorter bursts of moderate-intensity activity also yield health benefits. In other words, walking in two 15-minute segments or three 10-minute segments is beneficial.

As a way to motivate and reward DAQ employees for being physically active on a regular basis we offer the *Active Lifestyle Wellness Program*. The Active Lifestyle Wellness Program has been created to recognize employees for establishing and maintaining a physically active lifestyle. Whether it is an organized sport or be active with family and friends, there are numerous benefits of being physically active. The goal of this program is to motivate employees to be physically active in hopes that this activity will lead to better overall health.

Here are the Rules

Choose Your Level of Activity - You can participate in the program at either of the two levels. They are:

- Moderate Physical Activity
- Vigorous Physical Activity

Amount of Physically Activity – Accumulate a minimum of 30 minutes per day of physically activity such as walking, jogging, riding bicycle, etc. Shorter segments can add up to 30 minutes.

Frequency – The amount of physically activity required must be done at least five days a week to earn the award. The activity may be done on your own or being active with other employees.

Number of Weeks – Six weeks of five days per week is the standard for the award.

How to Get Started

- 1. Choose a physical activity.**

Just about any physical activity where you're using large muscle groups and burning energy counts.

The most common physical activity is walking; walking at work, walking in your neighborhood, walking on a treadmill, or just walking with friends. Other activities are playing softball, taking an aerobics class or even doing chores around the house. They're all on the *Active Lifestyle Activities List*. You can participate by yourself, or together with fellow employees, friends and family. When you have made your choice email Rick Shores to confirm your commitment.

2. Get active.

Your goal is to meet your daily activity goal (30 minutes a day) at least 5 days a week, for a total of 6 weeks.

3. Track your activity.

You can log your time as often as you want, in amounts as short as 5 minutes. You can keep track of your progress on the Active Lifestyle Wellness Log.

4. Request award.

When you reach your goal, fax your completed Active Lifestyle Wellness Log to DAQ Lifestyle Wellness at 919-715-9845. Certificates will be awarded based on program criteria.

That's all there is to it. The only thing left is to sign up and pick your first activity. You're it. Get fit!

You're [★]it.
Get fit!